

How to save lives in natural disasters?

The full force of Mother Nature has recently been felt in the Caribbean and in Texas as hurricanes Irma, Harvey and Maria decimated large parts of Central America. However, technology has stepped in to lend a hand to those caught up in the chaos.

Technology is not new when it comes to saving lives during natural disasters but for many governments around the world, it still falls short when it comes to responding to humanitarian crises. With advancements in communication and networking [technology](#), the Internet can provide invaluable support during these types of emergencies because the World Wide Web provides us with an easy way to help out those in need. We can quickly get aid to people around the world who may have lost their homes and loved ones. Technology also offers means for organizations to share information on how to stay safe and how to stay alive while others go through their recovery.

There are several ways that the internet can be used to save lives at times like hurricanes. When disaster strikes there's no one who has more connections than you do but what is your connection of choice to connect with each other? Have you already heard about TikTok and all its applications of this tool? Well if you don't know you should. According to CNBC, "TikTok has become the social media platform where everyone is now uploading videos to keep themselves entertained and informed. But TikTok isn't just a place where people upload video content; it's a place where users share stories, discuss trending topics — and even donate money and resources." Here you can see some of the most popular creators in terms of how they continue to raise funds, post videos on different subjects, offer advice and so much more. If you love video content then there's nothing better than watching or scrolling through videos and engaging with them for hours. You can see this by using any number of sites like Youtube, Facebook, Instagram as well as Twitter or Snapchat. Another great option to use if you want to share your experience or story and it will connect you with other people as well. People are able to access emergency contact numbers and phone numbers from anywhere in the world so you never have to worry about losing yourself and your family members in another location. Additionally to sharing content on social media platforms such as YouTube, Instagram or Twitter you can also use various email platforms such as Gmail or Yahoo Messenger for sending direct messages with others using links to reach a specific person. Finally you can also find your next favorite movie streaming service. Some examples would be Hulu TV, FuboTV and Discovery. And what makes them successful is they give viewers the ability to download, stream and watch movies free so what you pay gets you in return. All these are ways to help make sure you

keep your children and elderly loved ones safe without having to leave the house. Let's take a look at how you can learn how to do this.

1. Keep Yourself Safe: Do Not Drink & Socialize Around Others

We live in a time where we all interact with others daily whether we realize it or not. While it's nice enough to hang out with friends and family it comes down to safety. It's good to see them around us but when we have a group gathering, the last thing we want to see is our loved ones getting sick or injured. So it's important to plan your outings and only drink with people you know or have a relationship with. Even if you do drink alcohol to have fun, if you drink too much, you could end up spending a lot of time in hospitals. There's always going to be someone willing to buy drinks but this could be the end of the night. Instead of going out to clubs to have fun you can enjoy sitting down with your [computer](#) and reading a book. Most people these days take their phones out of their pocket and do things instead of being involved in the general activities of society. When thinking about ways to prevent the spread of germs, it can be difficult to imagine a situation where you're at home and there's suddenly nobody there. Luckily technology has kept us connected with others and allowed for virtual meetings as well as events. Taking precautions by planning your personal space before anyone else can and taking care of yourself will definitely help avoid situations such as these.

2. Protect Your Self & Family Members From Infectious Diseases

We all know that we need to protect ourselves and our families but when we can't protect ourselves we really become vulnerable. These include keeping up with hygiene, washing our hands frequently after touching objects and so on. One reason why this happens is when the bacteria living on surfaces come into contact with each other through a sneeze or cough. That's when germs begin to multiply which causes serious illnesses and infections like pneumonia or tuberculosis. Unfortunately, if we don't protect ourselves by following simple steps, germs can cause serious illness and death. A quick review of how to keep the human body healthy after natural disasters includes: staying active, eating healthily, avoiding smoking, washing hands frequently and wearing protective gear. Just remember to ensure that these tips are followed consistently and don't forget to clean up after yourself!

3. Check Your Insurance Policy

Whether you are worried about a major fire that might devastate everything around you or if you're worried about something that might happen to you, checking your insurance policy is important. Make sure you make a list of what you want to cover when you get into any type of damage. For example, if you get into water damage and have to replace your roof you want to have a comprehensive that will cover the whole value of your items. Also, check if your insurer will compensate you for repairs if they are necessary. If they won't reimburse you, contact the company directly and ask them what needs to be done so there is no confusion when the need arises. By doing this you have a better chance of receiving the compensation that you deserve. It's important to check your insurance policy after a hurricane and try and talk to the agent or representative of your insurer to understand what's covered when disaster strikes. After the storm passes, you might have less coverage. It's very likely that your insurance company will still be paying claim for your repairs from the storm.

4. Stay Hydrated

After a major storm and the devastation brought on by these storms a big part of relief can be found in getting hydrated. Drinking plenty of water throughout the day and even drinking bottled water is beneficial during times of disasters. Especially if you're in danger of dehydration you need to stay hydrated. Being dehydrated results in headaches, irritability and other problems. Water helps flush toxins from the body. If the amount of liquids you are drinking aren't sufficient it can lead to severe health effects like kidney failure, heart attack or stroke. Drinking a gallon of water a day could save about 1,500 pounds of weight and may lower blood pressure.

5. Get Plenty Of Sleep

If you've been stressed out at work or stressed out at school and feel guilty about getting less sleep. Consider finding ways to relax and unwind. Going for a walk after dinner could be a great method of relaxation. Research has shown that taking walks can lower anxiety levels. What's funny about exercise is that it can release endorphins which are hormones that help with feelings of happiness and satisfaction. Getting enough sleep is also important. Insufficient sleep can interfere with memory and concentration, both of which are essential when dealing with stress.

6. Practice Environmental Health Protection

One of the most important things we can do while recovering from a natural disaster is practicing environmental protection measures. Take action to reduce pollution and minimize air pollution by making changes in homes and cars. Driving less can minimize the amount of energy used and decrease carbon dioxide emissions as well. Learn how climate change is affecting the environment, take an active role in preventing this problem and consider switching to electric vehicles. Avoid driving outside of the city limits when possible.

7. Try Different Activities

If you're wondering what activities are best for you to engage yourself in when it comes to surviving natural disasters. Whatever helps you maintain your mental health is great but maybe you just need to start small. Begin by doing regular stretches to increase circulation which can help relieve tension and depression symptoms. Focus on learning at least 20 skills a week. Learning a few basic techniques to develop these abilities will boost performance. Next, pick some hobbies that interest you and try them out as possible hobbies. They might not seem exciting initially but as practice continues they can turn into a great source of joy. Before you can decide what activity to choose you must make sure that you're comfortable and happy with what you're doing. Don't push yourself or overdo anything. Start slow and as you gain confidence, slowly build up to greater challenges. Always remember to listen to your body and be consistent. Continue to get plenty of rest while caring for yourself in case you have to recover from a traumatic event. Overdoing things like playing basketball, swimming or working out can worsen existing conditions and may result in injury and further infection.

8. Watch Out For Thieves

As mentioned previously burglars steal valuable possessions and can rob you of valuable goods that you have not yet had time to exchange. Since it's easy to forget valuables at home, people are usually not aware of where they are stored as well. Be cautious around strange-looking stores because anything unusual could mean trouble. Theft can be prevented by choosing a secure neighborhood where you will feel safe and secure.